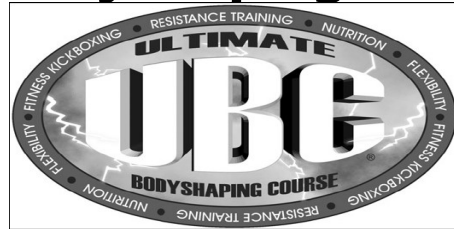


7 Flags Ultimate Body shaping Course



Ten Weeks to Reshape Your Body and Your Mind



UBC is a 10 week course that will get you in the best shape of your life. It combines kickboxing with resistance bands for a total body workout. In our sessions we have had an average weight loss of approximately 12 to 15 pounds with several people losing 30 and 40 pounds or more.

UBC is offered at 7 Flags Fitness & Racquet Club, Iowa's largest premier health & fitness facility conveniently located in Clive. UBC is available to club and non-club members.

Kickboxing-Resistance Training-Nutrition-Flexibility

6 Days a Week for 10 Weeks 45min classes

Reach your goals in a group setting that encourages you to be motivated.

**Sign up for your 10 week session between now and Dec. 31st, 2007
for the State of Iowa employee discounted rate of \$300!**

Regular pricing is \$329 for 7 Flags members and \$349 for non-members.

For more information about UBC call 515-278-8888 or email jhalstead@7flags.com.